



## WEDNESDAY

THAW Chicken

### CHUNKY VEGGIE SAUCE WITH VEGGIE NOODLES

**Cost per serving \$1.77**

**PREP 5 min COOK 5 min SERVES 4**

1 batch      Chunky Cauliflower Bean Sauce  
(from Sunday prep)

2              zucchini, trimmed

2              carrots, trimmed

Pinch        each salt and pepper

Grated Parmesan cheese (optional)

HEAT sauce over medium heat in saucepan.

SPIRALIZE zucchini and carrots to make noodles. Toss with salt and pepper.

DIVIDE noodles among bowls and top with sauce to serve. Sprinkle with Parmesan, if desired.

PER SERVING: 276 calories; 12 g protein; 5 g fat;  
48 g carbohydrate; 15 g fibre; 16 g sugars; 554 mg sodium

NOTE: No cheese included in analysis